

The Beacon

South Valley Unitarian Universalist Society

Volume 39, Issue 5

May, 2019



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May 5: "The Value of Slowing Down: Coping with Stress and Transitions"

Sinnamon Wolfe

May 12: "I'll Meet You There: Rituals of Islam"

Rev. Bob LaVallee

May 19: "Youth Service and Bridging Ceremony"

Rev. Bob LaVallee

May 26: "Memorial Day"

Rev. Bob LaVallee

LEADERSHIP DIRECTORY

****For urgent issues please call the main office or the Caring Circle (listed further below)**

MINISTER
Rev. Robert LaVallee
minister@svuus.org
801-327-2241

SVUUS BOARD OF TRUSTEES

Lorri Quigley, President	801-635-8900
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Jan Vanderhoof, Trustee	801-943-3879
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CHURCH ADMINISTRATOR

Cindy Martin 801-944-9723
Email: admin@svuus.org
Office Hours: Tue -Thur 12:00-5:00 pm
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RELIGIOUS EXPLORATION

Liz Martin (Director) 801-604-2973
Email: dre@svuus.org
Office Hours:
Sunday: 9:00 a.m. – 1:00 p.m.
Tuesday: 6:00 – 9:00 p.m.
Other hours by appointment

CARING CIRCLE

Ines Korbanka 801-979-3020
Email: ikorbanka@yahoo.com

SVUUS Web Site
www.svuus.org

SVUUS News & Community Email Lists

South Valley has two email lists, one for official announcements and the other for communications within the congregation.

If you wish to sign up for either or both of these lists, please visit: www.svuus.org/our-community/online/

To send a message to the list, simply address it to: news.svuus.org

From the Board of Trustees

Spring, glorious Spring! I moved all the way from Minnesota to seek a climate where Spring and Fall last longer than a month. There were times when Spring lasted only a few weeks there in the North Star state, and I am savoring the beauty-and length-of this season. Bob (my partner) and I enjoy watching the greening of the mountain slopes, climbing higher each day. The sap is running, the streams are swelling with the melting snows, and the birds are singing their spring songs!

I feel that same energy coursing through our South Valley Community! We should feel energized by our successful interim ministry with Rev. Bob LaVallee. And we should have confidence that we can attract another dynamic individual to minister with us, who will continue to help us improve our best practices, and relinquish the practices that no longer serve us well. I shared with the Board that my personal mantra is *Attract, Manifest, and Thrive*. This is my vision for the people of South Valley. Please join me in holding this mindfulness . . .

At our recent Leadership Council meeting, I invited Rev. Bob to share his observations about our leadership. He shared that his greatest concern for the people of South Valley is the *sustainability of our leadership teams*. This is legitimate; many leaders are weary and feel ready to step down. Some have. I view this as a very natural ebb and flow of our spiritual energies- the yin and yang of life experiences, and the need for renewal. This is healthy!

Our task, as a Board of Trustees, is to respond to these needs. But we can't do this alone, in a vacuum. We need to feel the support and strength of the whole community behind us, helping us to perform our magic matchmaking skills to place people in positions that are compatible with their deepest longings. Serving is a spiritual practice! I embraced the opportunity to serve on the Board, and trusted that I would learn to meet the challenges. It has been a fantastic opportunity to build close relationships with some awesome people and, as a result, I now truly can claim this community as my tribe. I needed to serve in order to arrive at this place.

GOOD NEWS! Bob and Cate MacGillivray have stepped up to become our Facilities Co-Chairs and Tina Kirkham will be Co-Chairing our Communications Committee. Welcome them, introduce yourself, and thank them. They are AWESOME! So are you. We are South Valley Strong!

~Ann Scarborough



From Our Minister

Hello All

Welcome to Spring, everyone! Are you ready for some church nerd-ery? Because I'm bringing the church administration geekiness with this letter!

What makes a church big or small or medium? Well, the UUA has guidelines that say that Small (or Family Size) churches have less than 150 members. Midsize (or Pastoral Size) churches can range from 150 to 500 members. South Valley sits right on the cusp at around 160.

Why does size matter? Every church is different but there are some general theories. Small churches tend to take a more do-it-yourself approach to running things, and they can get away that because of their size. Everyone is likely to know everyone else, making it easy to communicate about policies and decision-making. Being small, their systems don't need to be very complex.

Medium size churches need more structure. They need more professional staff and they need policies and procedures that fit where they are, not where they used to be. When I was chair of the board at a small church in Boston (120 members, 70 folks showing up on a good Sunday) I used to joke that "We have medium-size church issues with small-church resources!"

There's really two parts to the size problem. The first is coming to terms with the size of our church as it really is, not as we remember it or as we'd like it to be. The second is doing an honest assessment of our systems, and acknowledging the places where our systems don't match our needs.

It's totally normal to have mismatches between church size and it's systems! South Valley is very typical: it's a young congregation that has grown a lot and some of its systems could use a little work. This year the Board and Leadership Council have done some great work to align our systems with our size. That work will continue, and to be honest, it never ends. But getting it right makes for a happier, more effective congregation.

A side note: If you haven't already heard, I've been hired to serve at the Associate Minister at First Unitarian Church in Albuquerque. I don't start there until August 6. However, I'll be there from April 29 - May 5 for their "Meet Bob Week". I'll be checking my voicemail and email, so if you need anything, just let me know.

Warmly,
Rev. Bob



Opportunities and Announcements

Prayer Shawl Ministry

The prayer shawl group will hold its next meeting on Thursday, May 23, at 3:00 p.m. in the Senior High Room. Anyone who is interested in knitting or crocheting shawls or afghans to contribute to the Prayer Shawl ministry is welcome to join us. If you are interested and have questions, you can contact me at lorriquigley@msn.com.

Happenings Hub

Every Sunday after service. Visit our new Happenings Hub in the Social Hall after each Sunday Worship Service to find out about all of the goings-on in our community. You will find information and signup sheets for all kinds of activities and volunteer groups, such as Wellspring Wednesday offerings (our community nights), social action opportunities, hikes, committee needs. Contact Susan Eyzaguirre eyzsooz@gmail.com for more information.

May-June Offering Split

Flourish Bakery is a supportive community that fosters hope, health and personal growth while teaching the art and skills of professional baking. Flourish Bakery employs individuals in recovery from substance use disorders as well as those working to reintegrate their lives after incarceration. Flourish provides a community of support, mentorship and friendship and is a space of life transformation.

Helping Seniors - Here is an opportunity for those interested in helping Seniors run by the city. The program is looking for helpers for their Senior Companion Program. Specifically they are looking for foster grandparents and Senior Companions. One can volunteer; however, there is a stipend for those of low income. The contact person at the City is: Rose Marie at 385 377-7299 or Ellen Payzant at 617 797-9993.

Recruiting New Talent!

The Board of Trustees is seeking to fill some important positions. If you have interest in Communications, Worship, or Young Adults, please contact Ellen Payzant on Leadership, Succession & Development (ewpayzant@gmail.com) or Ann Scarborough (annbob.scarborough@gmail.com). These are active committees with skilled team members, who are in need of your unique talent. This community is a great place to try something new, perhaps something you've never done before. Take a risk and ask for more information! The Happenings Hub in the Social Hall on Sunday mornings is another resource where your questions may be directed.

Calling all young choristers!

We are getting the youth choir up and running again...Hooray (the crowd went wild)! Our FABULOUS Music Director, John Bergquist, will be leading our intrepid youth. We will be having rehearsals 3 Sundays a month, at 10 a.m. These will be on the days the choir is singing, and we will let y'all know by email when these will be. If you are interested, please send me an email (bowers.krista@gmail.com), so we can get you on the email list. Or just show up next Sunday, at 10, and we will get your info then. We will also have a sign-up sheet downstairs after services at the Happenings Hub, or just find Krista Bowers and let her know. Wow...so many ways to sign up!

Opportunities and Announcements Continued

South Valley,

We have been contacted by UU Mass Action to help with providing food and water to those who are being released from Border Patrol/ICE detention and put on busses that stop in Salt Lake. They most often have a bus ticket but have no resources for food and drink. We need a point person to participate in a training class and to be contacted when the migrants are headed to Salt Lake, and a few people who are available to take supplies to the travelers at the bus depot. Please contact Elaine Totten directly at elaine_totten@yahoo.com elaine(underscoretotten)with your interest and availability. We urgently need volunteers.

May 19th Bridging Ceremony, Monthly Potluck & Congregational Meeting

Sunday, May 19th, is going to be a special day for our South Valley congregation! The Bridging Ceremony for our youth will take place during the service, followed by our May potluck meal. Then we will gather upstairs for our Annual Congregational Meeting. We need a quorum to pass our 2019-2020 budget, to vote in our new officers for the Board of Trustees and for the Ministerial Search Committee for a Settled Minister. Please put this on your calendar and plan to attend. We will be posting the Agenda for the Congregational Meeting.

NOTE: There won't be a potluck on the first Sunday of May-it will be on May 19th!

Kaed Croxford's BSA Eagle Project

Kaed Croxford is hosting a Blood Drive for the Red Cross for his Boy Scout Eagle Project.

The Blood Drive will be held at SVUUS on Saturday, June 8 from 8:00am to 2:00pm.

Childcare will be provided for donors during blood donation.

Kaed's project goal is to schedule 75 confirmed donors.

To support Kaed and schedule an appointment time please call

385-313-5778 or email cadburrykaed@gmail.com

Walk ins will also be welcome.

Thank you,

Kaed Croxford and Lorelei White

Interim Minister Search

We have a team of four from the Board of Trustees who have volunteered to head the next Interim Minister Search; this position will continue the work of Rev. Bob LaVallee. Denna Wright, Lorelei White, Jan Vanderhooft, and Ann Scarborough completed the Congregational Record, our application, and submitted it on April 18th, the first day that it could be entered. The first round of this search begins April 29th, and we should be able to give an update by May 19th at our Congregational Meeting. Please don't hesitate to ask questions; we are happy to share more details with you. We are optimistic!

New monthly movie series at South Valley!

The premier will be on Tuesday May 14 at 7 PM. Beyond the Flood, a National Geographic film narrated by Leonardo DiCaprio, gives a beautiful and helpful view of the earth and the effects of climate change. Join us in the Junior High Room. Popcorn will be provided.

Pride Interfaith Worship - call for singers!

This year's Pride Interfaith Worship Service is coming up soon - just about a month from today - and that means we are looking for singers to join us in the community choir. Last year, the music was a big hit, and the community singers reported having lots of fun in this pickup ensemble.

This year, the service will feature the One Voice choir, under the direction of Bryan Beckemellom, and the gathered community choir will be singing For Everyone Born, the song that launched the hashtag that galvanized United Methodists working to widen the welcome of their faith to LGBTQ+ siblings, as well as fun and familiar songs.

Pride Interfaith Worship - call for singers! Rehearsals will be held at Christ United Methodist Church, 2375 E. 3300 South, at 7pm on May 16th, May 23rd, May 28th, with the service on May 30th. You don't have to be an expert musician to participate! Every effort is being made to make sure that this is a welcome experience for people of all religious traditions. Those interested in singing this year can contact me at rev.monicadobbins@gmail.com, or just show up to the first rehearsal.

SVUUS Board of Trustees Announcement

**Annual Congregational Meeting
Sunday, May 19, 2019, beginning at 12:30 pm
Childcare will be provided.**

The annual meeting to be held on May 19, 2019, will include the opportunity for members to participate in a vote which aims to fill several key vacancies on various committees and also on the SVUUS Board of Trustees. Below is a short biography of the positions and nominees.

Board Member (Full 3-year term): TBA

Board Member (Completion of existing term, ending June 2020)

Phil Quigley has served in many positions at SVUUS. He has been an active member of SVUUS for years and a dedicated volunteer. He will be moving from the Endowment Committee to the board.

Endowment Committee

KC Tabor is a longtime member who has served on the board, building and facilities, ERT, and finance committee. She also helps in hospitality, the prayer shawl group and often sings in choir.

Leadership Development and Succession Committee

Anna Peters has been attending SVUUS since she moved to Utah in 2012. She was raised UU and now goes to SVUUS with her husband and two daughters. She has taught in RE for years and now is on the hospitality team.

We would like to thank Lorri Quigley, who served as Board President and Paul Carlson, who served as Board Treasurer, for their service on the SVUUS board. If you are interested in serving on the Board of Trustees or any other committee, please talk to any board member, Jill Eichbauer, Ellen Payzant or write your interest in your 3-T form. Thank you, The Leadership Development and Succession Committee.



Introducing the South Valley Ministerial Search Committee

South Valley is fortunate to have seven strong leaders to represent us as we search for our new settled minister. Get to know them!

KRIS BERG



I have been a member at South Valley since 2007. I joined with my husband, Collin Surles. We have 2 daughters, Annika (age 15) and Kari (age 10). We live in North Salt Lake. I grew up UU in Columbia, Maryland and moved to Utah after graduate school for work (and to ski). I grew up attending a liberal church in liberal community.

I think being a liberal (and atheist, in my case) in Utah can bring out the best and the worst in us. Moving to Utah, I found it easy to “throw stones” at the dominant culture. But throwing stones (or having stones thrown at you) is not debate, understanding, growth, learning.... It’s not how I want to be treated, nor is it the way that I hope my community could work. So, I’m glad SVUUS is here. There are very few organizations that commit “you are welcome, no matter....” This is no easy promise to make or to keep. We aim to stay in community while disagreeing - and we seek skills and understanding that make that possible. This is worthy work.

My SVUUS *bona fides* include stints on the Personnel Committee, Worship Committee, Religious Exploration Council (chair and member), Sacred Travels teacher (elementary ages), Committee on Ministry, Mystery Pal (senior), Happenings Hub, and signing in the wonderful choir. I’ve helped with auctions, Big Events, and annual picnics. We’ve attended Labor Day camp outs. As a kid, I took part in the UUA’s earlier version of OWL for high-school aged kids. (OWL stands for “Our Whole Lives” and is a human sexuality curriculum.). I’m very proud of SVUUS’ commitment to providing OWL. I’m very proud of the Religious Exploration programs that SVUUS offers.

KAED CROXFORD



My name is Kaed Croxford. I am 17 years old and I am attending my senior year at The Salt Lake School for the Performing Arts. I sing in the Madrigals Choir and in a solo voice class. My plans for college are to stay in Salt Lake and go to SLCC. I plan to get my generals out of the way because I am undecided on a major.

I have been involved in scouting since I started first grade. After many years I’m finally finishing the requirements for my Eagle advancement. The only thing I have left to do is my Eagle project, for which I am hosting a blood drive at SVUUS on June 8th. As a scout I enjoy many things that come with the outdoors. From biking to hiking to kayaking, I enjoy it all.

Aside from the outdoors, I enjoy longboarding and video games in my spare time. I also enjoy spending time with my three pets. I have two turtles -- their names are Tiny and Squirtle. I also have a bearded dragon named Fred who loves to cuddle.

MAUREEN DAVIES



My first memorable experience at SVUUS was when I participated in Evensong in 1989 with Rev. Barbara Bush and a dozen other people who met each week and discussed topics like who is god and what does spirituality mean to us. I have lasting friendships from those conversations and Brenda and I learned things about one another we hadn’t known before hearing each other’s thoughts on these topics. I didn’t think I needed a spiritual home having grown up in an LDS family where I never believed in the faith, but realized I did want a spiritual community.

At South Valley, I have volunteered to maintain the first member database, taught Sunday School at multiple grade levels through the years, and served on the Endowment Committee during a time when the church was trying to determine whether to use monies from this or not using it for operating expenses and was engaged in in-depth negotiations around that.

I have been a supporting partner as Brenda served on the Board twice, chaired the worship committee, was religious education director, organized the Big Event for many years, and other ways in which we worked together in support of this community's growth.

I have been here through a number of ministers, each one of which helped me through a difficult or a wonderful time, and often both, during their time at SVUUS. Each minister has brought something important, and this congregation continues to thrive each time we have the opportunity to engage with someone new. I cannot think of a major event in my life that did not involve a minister since I started with that Evensong group many years ago.

I am honored to be chosen to help select our next minister and look forward to what they will bring us.

BRYAN DEBBINK



I come to South Valley UU as a life-long Unitarian-Universalist, having grown up in the Fox Valley UU Fellowship (Appleton, WI) and spent most of adulthood as a member of the First UU Congregation of Ann Arbor (Michigan). I, my partner Michelle, and our two children, Wesley (9) and Brooklyn (5), moved to Salt Lake City in the summer of 2017 for Michelle's OB/Gyn Fellowship at the University of Utah. From the first visit in January 2018, the Debbinks have loved becoming part of the South Valley family.

Professionally, I am a Retired Engineer, At-home Parent, Citizen Lobbyist, High School Football Official, and Evangelical UU (why does everyone laugh when I say that??). Climate Justice and interfaith outreach are my two driving UU passions, which fit perfectly with the copious outdoors activities and rich religious landscape

of Utah. At South Valley, I combine the two as a part of the Climate Justice team, planning for interfaith outreach to neighboring congregations on the basis of moral values.

LAURA RENSHAW



Scott and I found South Valley when we were looking for a church home back in 1999. South Valley was the first place we "shopped" and we really liked what we found so we have been here ever since. We raised both of our children at SVUUS and have made many friends and good memories here over the years.

I have been an active volunteer over the two decades we have been attending SVUUS. Groups I have participated with include: Evensong, small group ministry, handbell choir, RE teaching teams, Hospitality, the auction, the welcome committee, and most recently, the Happenings Hub crew and Transition Team.

I have also held several leadership roles in the church, including co-chair of the yard sale, the pledge drive, and most recently, the Membership Team. From 2012 to 2014, I served as President of the Board of Trustees and from 2003 to 2007, I served as South Valley's Director of Religious Education. I am excited about the opportunity to serve South Valley as part of the Ministerial Search Committee. I recognize that it is a big commitment of time and energy, but I also understand how important it is to find a settled minister who will be a good fit for our community.

BOB SPEISER



The son of a poet and an artist, I was born and raised in New York City. After college there and graduate school upstate, I steadily moved west, working at universities, first as a research mathematician, later as a researcher and activist in education. Now retired, I live in Millcreek with my wife Page and our poodle Cobalt.

I love the outdoors and find inspiration in wild places. A Zen student much of my life, I help coordinate a small but dedicated group here at South Valley.

I play several period wind instruments, Baroque flute especially. I love to write and to help others write. I also practice Japanese calligraphy, with several large pieces that won prizes in Japan.

I have worked much of my life for social, climate, and environmental justice. At South Valley, I feel at home, at long last, with like-minded, caring people. People who can look our present situation in the face and work for change.

SINNAMON WOLFE



I was born and raised in Kearns. I graduated from Juan Diego Catholic High School in 2002. I received my BA in Religious Studies and Art from Saint Mary's College in 2006. During my time at Saint Mary's, I studied abroad in Rome and served on the Student Diversity Board, was secretary of the Feminist United student club, and volunteered for Campus Ministry where I lead scripture study groups.

I then continued my religious studies at Claremont School of Theology in Claremont, CA where I earned an M.A. in Religious Education in 2011 and an M.A. in Ministry, Leadership, and Service focusing on interfaith spiritual care in 2015. I also completed two years of chaplain residency in Yuma, AZ from 2011-2013, where I developed a passion for spiritual care and accompanying people during times of crisis and supporting their spiritual journeys. I currently serve as chaplain at Bristol Hospice in Northern Utah where I provide support to persons and their families facing end of life. I hope to continue my ministerial development by pursuing Unitarian Universalist Ministerial Fellowship. I am currently a candidate in the fellowshipping process.





**UUA GENERAL ASSEMBLY
Spokane, Washington
June 19-23, 2019**

As an attendee of previous General Assemblies, you know that GA is an unforgettable experience shared between thousands of fellow Unitarian Universalists. We hope you will be joining us again this June as we gather together in Spokane, WA. This year, in addition to Theme-Based Programming, the schedule will feature Role-Based Track Programming, including time for discussion among attendees, sharing inspiring models and stories, and concrete suggestions for how to further the work or "take it home."

In order to help spread the word about General Assembly to your UU networks, we have assembled [promotional resources](#) for GA 2019 in Spokane.

Promotional Materials

[GA Flyer and Talking Points](#) for presentations (PDF, 2 pages)

[GA Poster](#) (PDF)

[GA Text for a Newsletter or Bulletin](#) (docx)

[Spokane Quick Facts](#) (PDF)

[Spokane Top 10 Things to Do](#) (PDF)

[Spokane Promotional Copy Ideas](#) (PDF)

Promotional Videos - [GA 2019: The Power of We](#)

[Spokane Promotional Video](#) from Travel Spokane

[Rev. Dr. Todd F. Eklof welcomes](#) Unitarian Universalists to Spokane, on behalf of the Unitarian Universalist Church of Spokane

Additional Materials - Information for [first-timers](#)

[Images](#) from General Assembly 2018

[UU World coverage](#) of General Assembly 2018

Religious Education, Growth and Learning

Sunday Religious Exploration for Children and Youth

SUNDAY RE REGISTRATION TIME!!

We ask that every participant in our Sunday Religious Exploration classes be registered EVERY YEAR to keep our information current. Please fill out the following registration form, and let me know if you have any questions

(dre@svuus.org)

<https://tinyurl.com/SVUUS-RE2018>

Sunday RE Schedule

5/5/2019

High School (9th-12th graders): Prep for Worship Service

Junior High (6th-8th graders): Coming of Age - Prep for Worship Service

Seekers (4th-5th graders): URUU - Closing Celebration

Trailblazers (2nd-3rd graders): Moral Tales - Working Together

Pathfinders (Kindergarten-1st graders): Creating Home - Memories of Home

Butterflies (Pre-K): Chalice Children

5/12/2019

High School (9th-12th graders): Prep for Worship Service

Junior High (6th-8th graders): Coming of Age - Prep for Worship Service

Seekers (4th-5th graders): Holidays and Holy Days - Buddha's Birthday

Trailblazers (2nd-3rd graders): Holidays and Holy Days - Buddha's Birthday

Pathfinders (Kindergarten-1st graders): Holidays and Holy Days - Buddha's Birthday

Butterflies (Pre-K): Chalice Children

5/19/2019

All-Ages Service: Worship Upstairs YOUTH-LED SERVICE & BRIDGING CEREMONY

5/26/2019

High School (9th-12th graders): Coffee House Sunday at Beans & Brews on Ft. Union

Junior High (6th-8th graders): Coffee House Sunday at Beans & Brews on Ft. Union

Seekers (4th-5th graders): Children's Chapel - Ramadan

Trailblazers (2nd-3rd graders): Children's Chapel - Ramadan

Pathfinders (Kindergarten-1st graders): Children's Chapel - Ramadan

Butterflies (Pre-K): Chalice Children



Save the Date

June	2	Shared service at First UU and Pride Parade
June	8	Kaed Croxford Eagle Scout Project- Red Cross Blood Drive
June	9	Annual Church Picnic
June	20-22	General Assembly
June	29	Farewell Party for Rev. Bob and Liz
June	30	Gathering and Release Celebration-Final service with Rev. Bob and Liz
Aug.		Welcome new Interim Minister
Aug.	17 or 24	Board Retreat with New Interim Minister
Aug.	30-Sep 2	Labor Day Campout
TBD		Board Leadership Transition Dinner

Upcoming Events

May	5	Library Book Sale
May	14	Monthly Movie
May	19	Bridging and Youth led service / Monthly Potluck
May	19	Annual Congregational Meeting
May	23	LifeTouch Photo Shoot for new directory

South Valley Caring Circle

The members of the Caring Circle provide practical support and/or pastoral care. Please contact the chair of the committee if you need or know of someone who needs our support. To ask for help you may also use the Caring Book by the name tags. The Caring Book is also for joys and concerns; we hope you will share moments from your lives.

CARING CIRCLE
Contact Information

Chair: Ines Korbanka (801) 979-3020 or
ikorbanka@gmail.com

Sandy Dreis	801-256-0825
Mel Welliver	801-963-8258
Peter Verschoor	801-944-1653